



National Nutrient Database for Standard Reference

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Statistics Report 15047, Fish, mackerel, Atlantic, cooked, dry heat

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	53.27	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Energy	kcal	262	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Energy	kJ	1096	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	23.85	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Total lipid (fat)	g	17.81	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Ash	g	1.53	--	0.070	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Minerals													
Calcium, Ca	mg	15	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Iron, Fe	mg	1.57	--	0.080	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Magnesium, Mg	mg	97	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

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Phosphorus, P	mg	278	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Potassium, K	mg	401	--	15.900	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Sodium, Na	mg	83	--	8.200	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Zinc, Zn	mg	0.94	--	0.060	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Copper, Cu	mg	0.094	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Manganese, Mn	mg	0.020	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Selenium, Se	µg	51.6	--	1.508	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1992
Vitamins													
Vitamin C, total ascorbic acid	mg	0.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Thiamin	mg	0.159	--	0.006	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Riboflavin	mg	0.412	--	0.013	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Niacin	mg	6.850	--	0.470	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Pantothenic acid	mg	0.990	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Vitamin B-6	mg	0.460	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Folate, total	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987

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Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Folate, DFE	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	19.00	--	1.610	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Vitamin A, RAE	µg	54	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Retinol	µg	54	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Vitamin A, IU	IU	180	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Lipids													
Fatty acids, total saturated	g	4.176	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
14:0	g	0.592	--	83.700	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
16:0	g	1.375	--	188.900	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:0	g	0.256	--	39.100	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Fatty acids, total monounsaturated	g	7.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
16:1 undifferentiated	g	0.534	--	105.400	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:1 undifferentiated	g	1.202	--	313.300	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:1	g	1.598	--	244.500	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:1 undifferentiated	g	2.498	--	368.800	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Fatty acids, total polyunsaturated	g	4.300	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:2 undifferentiated	g	0.147	--	17.000	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:3 undifferentiated	g	0.113	--	14.100	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:4 undifferentiated	g	0.051	--	7.100	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:5 n-3 (EPA)	g	0.504	--	75.500	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:5 n-3 (DPA)	g	0.106	--	15.000	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:6 n-3 (DHA)	g	0.699	--	58.700	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cholesterol	mg	75	--	2.940	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Amino Acids													
Tryptophan	g	0.267	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Threonine	g	1.045	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Isoleucine	g	1.099	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

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Leucine	g	1.938	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Lysine	g	2.190	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Methionine	g	0.706	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cystine	g	0.256	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Phenylalanine	g	0.931	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Tyrosine	g	0.805	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Valine	g	1.228	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Arginine	g	1.427	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Histidine	g	0.702	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Alanine	g	1.442	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Aspartic acid	g	2.442	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glutamic acid	g	3.559	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glycine	g	1.145	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

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Proline	g	0.843	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Serine	g	0.973	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Other													